

START YOUR RESOLUTION

START WORKING WITH A HEALTH COACH TODAY

Is this going to be the year that you stick to that resolution to live a healthier lifestyle? Help your chances by working with a COSAWell health coach, currently offering their individual and group coaching services remotely. They'll help you set realistic goals, sift through all the diet and exercise fads and misconceptions, and motivate you through the finish line.

Schedule a health coaching session today!

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IT'S TIME TEXAS COMMUNITY CHALLENGE

JANUARY 4 - FEBRUARY 28

The Community Challenge is back and we're excited to unite together to celebrate healthy living and build healthier communities. In 2020 San Antonio was named the the Metro City Division State Champion and with your help in 2021 we hope to take home the title once again.

Whether you love a healthy competition, are working toward a personal health goal, or just seeking more connection, the Community Challenge is for you.

Register now at:

www.ITTCommunityChallenge.com

THIS YEAR, PRIORITIZE YOUR PERSONAL WELLBEING

TIPS FOR AVOIDING THE HOLIDAY BLUES



Stick to normal routines
as much as possible.

Be sure to get enough sleep.

ZZZ



Learn that you can say no,
others will understand.

Eat and drink in moderation.



Get exercise, even if it's only
taking a short walk.

Make a to-do list, and keep
it simple.



Set reasonable expectations
and goals for holiday activities.

Set a budget for your holiday
activities.



Listen to music or find other
ways to relax.

WELLNESS WORKSHOP

HEALTHY EATING FOR THE HOLIDAYS

Presented by the YMCA

- Learn proven tips to make healthier choices
- Discuss healthy holiday food options
- Discover ways to add physical activity into your winter routine
- Strategize techniques to combat stress during the holiday season

LIVE WEBINAR
WEDNESDAY, DEC 9
1-2 PM



HEALTHY HOLIDAY RECIPE

SPICY AVOCADO SALAD W/GRANOLA

Try this alternative take on an old favorite as a perfect side dish to your holiday spread. Avocados are high in healthy fats, fiber, magnesium, potassium, B vitamins and more.

2 small avocados

1/2 lime

1/2 serrano chile (thinly sliced)

tbbsp. chile oil

2/3 cup granola

1. Slice avocados and arrange on platter. Squeeze juice of 1/2 lime on top, then sprinkle w/serrano chile.
2. Drizzle w/chile oil and sprinkle w/ granola.